

Rydym yn croesawu pobl gydag afiechyd meddwl difrifol i ymuno â ni fel aelodau i helpu datblygu a rhedeg yr elusen. Am fwy o wybodaeth, ewch i: www.hafal.org/cymraeg, neu cysylltwch â ni ar unrhyw un o'r rhifau a'r cyfeiriadau y tu mewn.

Mae holl wasanaethau Hafal yn cael eu cefnogi gan ein Rhaglen Adferiad. Mae'r Rhaglen hon yn galluogi pobl i reoli eu hadferiad eu hunain. Gyda help staff Hafal, bydd ein cleientiaid yn creu Cynllun Adferiad, gan edrych ar bob rhan o'u bywyd er mwyn gadnabod nodau hynny. Yna, mae'n ymuno gyda'r gwybodaeth a'r gylfaon i nodau hynny. Yna, mae'n ymuno gyda'r gwybodaeth a'r gylfaon i nodau hynny. Yna, mae'n ymuno gyda'r gwybodaeth a'r gylfaon i nodau hynny.

Mae'r datfen hon wedi cael ei datblygu gan Hafal, sef sefydliad a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw helpu'r pwynt sefydliad yng Nghymru sy'n gweithio gyda phobl sy'n gweilio o afiechyd meddwl difrifol a'u teuluoedd. Ein nod yw rhoi grym i'r bobl hyn i:

gael gwell ansawdd o fywyd
 cyflawni eu huchelgeisiau ar gyfer adferiad
 brwdro yn erbyn gwahanaiad
 mwynhau mynediad cyfarfod i wasanaethau iechyd a gofal cymdeithasol, tai, incwm, addysg a chyfflogaeth.

Ynglŷn â hafal

- ▶ arweiniad i gynllunio eich adferiad.
- ▶ arweiniad i wasanaethau lleol a gynigir gan Hafal
- ▶ rhifau cyswilt ar gyfer gwasanaethau cefnogi allweddol

Mae'r datfen hon yn cynnwys: helpu'r datfen hon yn cael ei datblygu gan Hafal, sef sefydliad a reolir gan bobl gydag afiechyd meddwl difrifol a'u teuluoedd.

afiechyd meddwl difrifol
adferiad o
Ngwynedd
 Cefnogi cleifion a theuluoedd yng

hafal for people with serious mental illness

Phff Elusen: 1093747
www.hafal.org/cymraeg
 e-bost: hafal@hafal.org
 Ffacs: 01792 813 056
 Ffôn: 01792 816 600
 Castell-nedd SA10 6EL
 Llandarwi
 Ffordd Britanica
 Ty William Knox
 Ystafell C2
 Prif Swyddfa Hafal
 Dyma ein manylion cyswilt:

gyfer pobl gydag afiechyd meddwl difrifol".
 Dyma ein manylion cyswilt:
 I gael gwbod mwy am Raglen Adferiad Hafal,
 I gael gwbod mwy am Raglen Adferiad Hafal,
 cysylltwch â Phrif Swyddfa Hafal a gofyn am ein
 harweiniad gwybodaeth: "Adferiad: Ffordd ymlaen ar

Carina Edwards & Janet Randles
 Ffôn: 01492534769
 E-bost: northwales@hafal.org

Lesley Jones
 Ffôn: 01248 362124
 Symudol: 07973 988058
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Am fwy o wybodaeth am unrhyw un o'n gwasanaethau
 yng Ngwynedd, neu i sgwrsio am sut y gallwn ni eich
 cefnogi yn eich adferiad, cysylltwch ag un o'n staff

Help gan hafal yng Ngwynedd

Caff y Rhaglen Adferiad Hafal yng Ngwynedd
 ei chyflwyno drwy'r gwasanaethau canlynol:

Hyfforddiant a gweithgareddau wedi eu canolbwyntio ar adferiad yn cynnwys: Tg; ysgrifennu creadigol; adeiladu hyder; ymlacio a myfyrod; Byw'n iach; crefftau; garddio; cadw'n heini; hunan amddiffyn a hunan ymwybyddiaeth; a llythrennedd a rhifedd sylfaenol. Apwyntiadau aromatherapi ar gyfer defnyddwyr gwasanaethau a gofalwyr (angen talu ffi)

Cyrtau mewn adeiladu hyder, delio a sefyllfaoedd annod a thechnegau torri i ffwrdd ar gyfer gofalwyr.

Gwasanaeth Cefnogi Teulu: helpu gofalwyr i gefnogi unigolyn sy'n dioddef afiechyd meddwl difrifol yn y ffordd fwyaf priodol ac effeithiol posibl, yn bennaf drwy gymryd cynnig ar wybodaeth orna bosibl iddynt, a mynediad i gefnogaeth ddiduedd. Erwpiau gofalwyr misol mewn lleoliadau gwahanol drwy Wynedd. Ffoniwch am fanylion pellach. Rhai digwyddiadau cymdeithasol wedi eu trefnu

Seibant ar gyfer Gofalwyr: cynnwys person sy'n derbyn gofal mewn gweithgaredd o'u dewis, gan alluogi eu gofalwr i gael egwy.

Cefnogaeth Gyfreddinol yn cynnwys: gwylt gwrp; cael llais wrth gynllunio'r gwasanaeth.

Trefniadau cyfeirio
 Gall cleientiaid gyfeirio eu hunain neu gael eu cyfeirio gan ffriind, perthynas, eu Meddyg Teulu, gweithiwr cymdeithasol, Nyrs Seicatrïg Gymunedol, ac ati.

Oriau Agor
Arosfa: Llyn, Maw, Merch, Gwen 9.30am-4.30pm
Cefnogaeth Teulu: Llyn-Gwen 9am-5pm
I gael gwbod mwy am y gwasanaethau diweddaraf, ewch i:
www.hafal.org/cymraeg/gwynedd

for people with serious mental illness

hafal

supporting patients and families in

Gwynedd

recovering from

serious mental illness

In this leaflet you will find key information on where to get help in your area when you experience a serious mental illness.

- This leaflet provides:
- ▶ contact numbers for key support services
 - ▶ a guide to local services provided by Hafal
 - ▶ a guide to planning your recovery.

About hafal

This leaflet has been developed by Hafal, an organisation managed by people with serious mental illness and their families.

Hafal (meaning 'equal') is the principal organisation in Wales working with people recovering from serious mental illness and their families. Our goal is to empower those people to:

- ▶ achieve a better quality of life
- ▶ fulfil their ambitions for recovery
- ▶ fight discrimination
- ▶ enjoy equal access to health and social care, housing, income, education, and employment.

All of Hafal's services are underpinned by our **Recovery Programme**. This Programme enables people to manage their own recovery. With the help of Hafal staff our clients create a **Recovery Plan**, looking at all areas of life to identify goals - and identifying the people who can provide support to them in achieving those goals. They are then able to take a step-by-step approach to achieving a better quality of life.

We welcome people with a serious mental illness to join us as members to help develop and run the charity. For more information visit: www.hafal.org, or contact us at any of the numbers and addresses inside.

Help from hafal in Gwynedd

Hafal's Recovery Programme in Gwynedd is delivered through the following services:

Recovery focused training and activities including: IT; creative writing; confidence building; relaxation and meditation; healthy living; crafts; gardening; keep fit; self defence and self awareness; and basic literacy and numeracy. Aromatherapy appointments for service users and carers (fees apply). Courses for carers in confidence building, dealing with difficult situations and breakaway techniques.

Family Support Service: helping carers to support an individual with a serious mental illness in the most appropriate and effective way possible, largely by providing them with the best advice and information, and access to neutral support. Monthly Carer groups in various venues throughout Gwynedd. Ring for more details Some arranged social events.

Breaks for Carers: engaging a person being cared for in an activity of their choice, enabling their carer to take a break.

General Support including: information; advice; group work; having a voice in planning the service.
Referral arrangements
 Clients can refer themselves, or be referred by a friend, relative, GP, social worker, CPN, etc.

Opening Hours

Arosfa: Mon/Tues/Wed/Friday 9.30am - 4.30pm,
Family Support: Mon-Fri 9am-5pm

For more on the latest services, visit:
www.hafal.org/gwynedd

Contacting hafal

For more information on any of our Gwynedd services, or to chat about how we can support you in your recovery, please contact one of our local staff:

- Arosfa Resource Centre**
 Natalie Jones/Corinne Wright
 Arosfa
 110 High Street
 Porthmadog
 GWYNEDD LL49 9NW
 Tel/Fax: 01766 513 800
 Email: gwyneddrosfa@hafal.org
- Family Support Service**
 Tel: 01766 512 756
Maureen Taylor
 Mobile: 07788 785638
Natalie Jones
 Mobile: 07902 535253
 Email: gwyneddrosfa@hafal.org
- Crisis Family Support & Liaison Service**
Lesley Jones
 Tel: 01248 362124
 Mobile: 07973 988058
 Email: alfs@hafal.org
- Hafal's management for this area is provided by
Carina Edwards & Janet Randles
 Tel: 01492534769
 Email: northwales@hafal.org

To find out more about Hafal's Recovery Programme contact Hafal Head Office and ask for our information guide: **"Recovery: A way forward for people with a serious mental illness"**.

Our contact details are as follows:
Hafal Head Office
 Suite C2
 William Knox House
 Britanica Way
 Llandarcy
 Neath SA10 6EL
 Tel: 01792 816 600
 Fax: 01792 813 056
 Email: hafal@hafal.org
www.hafal.org
 Charity Number: 1093747

Beth i'w wneud pan fydd gennych chi afiechyd meddwl difrifol

Pan fydd gennych chi afiechyd meddwl difrifol, mae'n bwysig cadw'n bositif, cadw'n ddiogel a chynllunio eich ffordd tuag at adferiad.

Mae'r daflen hon yn rhoi canllawiau syml i'ch helpu chi i gynllunio ar gyfer y dyfodol, gan eich pwyntio i'r cyfeiriad cywir i ddod o hyd i'r help y byddwch ei angen wrth i chi ddsygu sut i ymdopi a'ch salwch.

Ble rydw i'n dechrau?

Y peth cyntaf i'w wneud - os nad ydych chi wedi gwneud hynny'n barod - yw mynd i weld eich meddyg. Ewch a rhywun arall gyda chi os ydych chi angen cefnogaeth, a gofynnwch am apwyntiad dwbl os ydych chi eisiau mwy o amser i drafod eich salwch. Bydd eich meddyg yn eich helpu chi'n uniongyrchol - neu'n eich cyfeirio ymlaen at wasanaethau iechyd meddwl. Gyda'ch gilydd, byddwch yn penderfynu:

- Pa feddygiaeth ar gyfer afiechyd meddwl y dylech chi ei gymryd, os o gwbl.** Cofiwch: eich dewis chi, yn ogystal â'ch meddyg, yw hyn. Gofynnwch gwestiynau a chael gwybodaeth ar bob un o'r meddygiaethau sydd ar gael, gan gynnwys unrhyw fanylion am ba mor dda y maent yn gweithio, pa mor hawdd ydynt i'w cymryd a'r sgil effeithiau y gallent eu hachosi. Gallwch adolygu eich meddygiaeth gyda'ch meddyg ar ymweliadau yn y dyfodol.
- Pa driniaethau a therapiau eraill ar gyfer afiechyd meddwl, gan gynnwys cwnsela, seicotherapi a therapi ymddygiad gwybyddol allai fod ar gael.** Gallai'r rhain eich helpu yn eich adferiad: gofynnwch i'ch meddyg beth sydd ar gael.

3. **Sut y gallwch gynnal a gwella eich iechyd corfforol.** Mae'n bwysig eich bod yn gofalu amdanoch eich hun pan fydd gennych chi afiechyd meddwl. Dywedwch wrth eich meddyg am unrhyw broblemau iechyd corfforol sydd gennych.

Pwy ddylwn i gysylltu â?

Eich meddyg lleol.

Os oes gennych chi afiechyd meddwl difrifol, yna bydd eich meddyg yn aml yn eich cyfeirio at eich **Tîm Iechyd Meddwl Cymunedol lleol**. Eu rhif nhw yw: **01248 370 137 (Arfon), 01758 614 647 (Dwyfor), 01766 510 011 (Meirionnydd), 01341 422 122 (Plas Brith)** (efallai y byddant yn eich cynghori i weld meddyg yn gyntaf os nad ydych chi wedi gwneud hynny'n barod). Efallai y bydd y Tîm Iechyd Meddwl Cymunedol yn penodi gweithiwr allweddol i chi a allai fod yn nyrs, yn weithiwr cymdeithasol neu'n rhywun arall o'r tîm fydd yn eich helpu chi ac yn eich cefnogi. Efallai y byddant hefyd yn cynnig Aseiad Unedig Agwedd y Rhaglen Gofal a Chynllun Gofal i chi.

Lle fyddaf i'n byw?

Mae angen i chi wneud yn siŵr fod gennych chi'r **lle gorau i fyw sydd ar gael** i chi. Gallai hyn olygu gwneud yn siŵr eich bod yn gallu aros yn y lle rydych yn byw ynddo ar y funud, neu gadw eich cartref yn wag os byddwch chi yn yr ystyby am gyfnod - os mai dyna'r peth gorau i chi. Mae yna sefydliadau a all eich helpu i gadw eich tenantiaeth os byddwch ei angen. Efallai y bydd arnoch chi angen help gartref neu dy arbenigol.

Pwy ddylwn i gysylltu â?

Gall y gwasanaeth tai lleol gynnig help a chyngor i chi ar roi trefn ar eich trefniadau byw. Cysylltwch â'ch swyddog lleol ar: **01286 682 834** neu gallwch gysylltu â'ch Tîm Iechyd Meddwl Cymunedol ar **01248 370 137 (Arfon), 01758 614 647 (Dwyfor), 01766 510 011 (Meirionnydd), 01341 422 122 (Plas Brith)**.

Beth am arian neu swydd?

Efallai y bydd materion am **arian, gwaith a hyfforddiant ac addysg** hefyd yn dod yn bwysig pan fydd gennych chi afiechyd meddwl difrifol. Efallai y byddwch eisiau gofyn cwestiynau, fel:

Oes arnaf i angen cymorth arbenigol i fy helpu i gadw fy swydd?
Sut allaf i wneud yn siŵr fy mod yn cael y budd-daliadau y mae gennyf i hawl iddynt, e.e. nawdd cymdeithasol a budd-daliadau anabled?
Beth yw'r cyfleoedd ar gyfer astudio?

Pwy ddylwn i gysylltu â?

Am help gyda chwestiynau fel hyn, gallwch ffonio **Canolfan Byd Gwaith** ar **01248 283 500 (Bangor), 01286 768 000 (Caernarfon), 01766 465 000 (Porthmadog), 01758 632 600 (Pwllheli), 01341 525 300 (Dolgellau)**. Byddant yn rhoi cyngor ar amrywiaeth o faterion, gan gynnwys dychwelyd i weithio neu gael y budd-daliadau cywir.

Bydd **Cyngor ar Bopeth (0870 750 2350)** hefyd yn gallu cynnig gwybodaeth a chyngor i chi.

I gael gwybod am gyfleoedd hyfforddi lleol, gallwch gysylltu â'r **Ganolfan Dysgu Gydol Oes leol**. Eu rhif ffôn yw **01286 679 465**.

Gan bwy arall allaf i gael cefnogaeth?

Mae eich gofalwr, teulu a ffrindiau yn ffronellau amlwg o gefnogaeth mewn amseroedd o angen. Yn gyffredinol, mae'n bwysig eich bod yn gofalu am eich **bywyd cymdeithasol**, gan fod hyn yn eich cadw mewn cysylltiad â phobl - ac nid ydych yn teimlo'n euog am ofyn am help pan fyddwch chi ei angen.

Ein cyngor ni yw eich bod yn meddwl am sut y byddwch yn cynnal pob perthynas. Dylech ystyried hefyd sut y byddwch yn gwneud y pethau rydych chi eisiau eu gwneud: er enghraifft, defnyddio cyfleusterau hamdden neu ddilyn eich hobi neu ddi-ddordebau.

Oes yna help ar gael ar gyfer y person sy'n gofalu amdanaf i?

Gall gofalwyr anffurfiol chwarae rhan bwysig iawn wrth gefnogi unigolyn gydag afiechyd meddwl difrifol. Gallai aelodau o deulu, ffrindiau neu gymdogion fod yn cynnig cefnogaeth; yn aml nid ydynt yn ystyried eu hunain yn ofalwyr. Mae yna wasanaethau ar gael i gefnogi gofalwyr, sydd yn eu tro yn eu helpu nhw i barhau i gynnig y gofal gorau y gallant. Mae Gwasanaethau ar gyfer gofalwyr yn cynnwys cefnogaeth, gwybodaeth, cyngor, cwnsela, gwasanaethau seibiant a grwpiau cyfeillgarwch. Am fwy o wybodaeth siaradwch â Hafal ar **01766 513 800**.



What to do when you've got a serious mental illness

When you have a serious mental illness it's important to remain positive, keep safe and plan your way towards recovery.

This leaflet provides some simple guidance to help you plan ahead, pointing you in the right direction to find the help you need as you learn how to manage your illness.

Where do I start?

The **first** thing to do - if you haven't already done it - is to go to your doctor. Take someone else with you if you need support, and book a double appointment if you want more time to discuss your illness. Your doctor will help you directly - or refer you on to mental health services. Together you will decide:



- 1. Which medication for a mental illness you should be prescribed, if any.** Remember: the choice is down to you as well as your doctor. Ask questions and get information on each of the medications that are available, including any details about how well they work, how easy they are to take, and the side effects they might have. You can review your medication with your doctor again on future visits.
- 2. What other treatments and therapies for a mental illness including counselling, psychotherapy and cognitive behavioural therapy may be available.** These might help you in your recovery: ask your doctor what's on offer.
- 3. How you can maintain and improve your physical health.** It's important that you look after yourself when you have a mental illness. Tell your doctor about any physical health problems you may have.

Who do I contact?

Your local doctor.

Haven't got a doctor? Then contact the **Gwynedd Local Health Board** on: **01286 672 451** and they will help you.

If you have a serious mental illness then your doctor will often refer you to the **local Community Mental Health Team**. Their number is: **01248 370 137 (Arfon), 01758 614 647 (Dwyfor), 01766 510 011 (Merionnydd), 01341 422 122 (Plas Brith)** (they may advise you to see your doctor first if you haven't already). The Community Mental Health Team might assign you a key worker who may be a nurse, social worker or someone else from the team who will help and support you. They may also offer you a Care Plan and Care Programme Approach Unified Assessment.

Where will I live?

You need to make sure that you've got the best **accommodation** available to you. This might just mean making sure that you can stay where you're living at the moment or keeping your home available if you're in hospital for a while - if that's right for you. There are organisations who can help you to maintain your tenancy if you need it. You might need help at home or specialist housing.

Who do I contact?

The local housing service will be able to provide you with help and advice on sorting out your living arrangements. Contact your local Officer on: **01286 682 834** or you might want to contact your **local Community Mental Health Team** on **01248 370 137 (Arfon), 01758 614 647 (Dwyfor), 01766 510 011 (Merionnydd), 01341 422 122 (Plas Brith)**.

What about money or a job?

Issues about **money, employment and training and education** might also become important when you have a serious mental illness. You might want to ask yourself questions such as:



Do I need specialist support to help me keep my job?
How can I make sure I'm getting the benefits I'm entitled to, e.g. social security and disability benefits?
What are the opportunities for studying?

Who do I contact?

For help with questions such as these you can ring **Jobcentre Plus** on **01248 283 500 (Bangor), 01286 768 000 (Caernarfon), 01766 465 000 (Porthmadog), 01758 632 600 (Pwllheli), 01341 525 300 (Dolgellau)**. They will provide advice on a range of matters, including returning to work or getting the right benefits.

The **Citizens Advice Bureau (0870 750 2350)** will also be able to provide you with information and guidance.

To find out about local training opportunities you can contact the local **Lifelong Learning Officer**. Their number is **01286 679 465**.

Who else can I get support from?

Your carer, family and friends are obvious sources of support in times of need. In general it is important to look after **social life** as this keeps you in touch with people - and you don't feel badly about asking for help when you need it.

Our advice is to think about how you will maintain your relationships. Also consider how you will do the things you want: for example, using leisure facilities or following your hobbies or interests.

Is there any help available for the person who cares for me?

Informal carers can play a very important role in supporting an individual with serious mental illness. Family members, friends or neighbours may be providing support; often they don't consider themselves carers. There are services available to support carers which in turn help them to continue to provide care to the best of their ability. Services include carer support, information, advice, counselling, respite services and friendship groups. For more information talk to Hafal on **01766 513 800**.